



to stay or go?

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To Stay or Go?

Feeling stuck or paralyzed? Use this resource to help wade through your thoughts, projections, fears, and patterns that can get in the way of knowing what decision you really want to make. It's important to understand what is driving our decisions. Let's get some stuff on paper.

There's likely a part of you that may want to stay in this relationship. Put your pen down, put your phone away, take a few deep breaths, and connect with that part of you-the part that wants to stay. What do you notice in your body when you ask yourself "Why do I want to stay?" Take a few moments, then write down what you learn or notice about your thoughts and your body's response.

There's a piece of you that wants to leave this relationship. Sit with that part of you and notice how big or small it is. What feelings do you have? Just notice them. Notice your response when you ask yourself "Why do I want to leave? Take 5-10 minutes to reflect on this experience, and write your observations here.

Consider this:

How can you teach yourself to tolerate fear? To tolerate the discomfort of not knowing? Sometimes these feelings are so intolerable that we make decisions just to get out of limbo. Making decisions out of a place of fear or intolerance can lead us to stay in crappy relationships, or leave committed and fulfilling relationships. You don't have to run from feelings- they're just feelings. They will pass. I know you will get through whatever comes next.

continued...



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To Stay or Go?...continued

Go back and circle the fears that are rooted in reality. Draw a line through the fears that are rooted in anxiety or loneliness. Star the fears that mention emotions or feelings. Be honest with yourself here. (It's okay to have a circle, star, and line for one single thought!)

Example:

~~I'll never find someone. I'll
be alone forever.~~

I'm afraid I will
feel lonely. ★

I'll be really
sad if we
break up. ★

~~If we take this relationship to the
next step, I'm signing up for a
life with this person.~~

Consider this:

Rarely is it fruitful to let fear call the shots (with the exception of legitimate fear for our physical or emotional safety/security). Fear can cause us to stay in crappy relationships, or even leave committed and fulfilling relationships. Fear of feeling things (sad, lonely, etc) are also not the most legit or helpful motivators in our decision making. That's because sadness, for example, is a perfectly understandable (and manageable) emotion. We don't have to avoid it or be afraid of it.

What was this process like for you? Do you have any clarity, or more questions? Do you feel more stuck than before? Let me know your experience at lindsey@thebreakuptherapist.com



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